

Molded Fruit Salad

Meal Components: Fruits

Salads, Sauces, Condiments & Dressings, E-01

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned crushed pineapple, with juice, chilled	1 lb 10 oz	3 cups (1 1/3 No. 2 cans)	3 lb 4 oz	1 qt 2 cups (2 2/3 No. 2 cans)	<div>1. Drain pineapple and reserve juice for step 3. For 25 servings, reserve 1 cup. For 50 servings, reserve 2 cups. Reserve pineapple for step 5.</div> <div>2. In a bowl, dissolve gelatin in boiling water. Add reserved pineapple juice, orange juice concentrate, and yogurt. Whisk until smooth.</div> <div>3. Freeze mixture for about 30 minutes, until it</div>
Lemon gelatin	12 oz	2 1/2 cups	1 lb 8 oz	1 qt 1 cups	
Water, boiling		2 cups		1 qt	
Reserved pineapple juice		1 cup		2 cups	
Orange juice concentrate		1/4 cup		1/2 cup	
Lowfat plain yogurt	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt	

*Fresh or white seedless grapes, 1 lb
halved, chilled

2 cups

2 lb

1 qt

4. Place 8 ¼ oz (1 ¼ cups) of crushed pineapple and 8 oz (1 ¼ cups 2 Tbsp) of grape halves in each 3 qt gelatin mold or baking pan (9" x 13" x 2"). For 25 servings, use 2 molds or pans. For 50 servings, use 4 molds or pans.

5. In a mixing bowl, use the whip attachment on medium speed to beat the gelatin mixture for 5 minutes, until fluffy

6. Pour 1 lb 12 oz (1 qt) of whipped gelatin over the fruit in each mold and stir gently to blend. Refrigerate until set, at least 2 hours.

7. Portion with No. 10 scoop (? cup).

Notes

* See Marketing Guide

Special Tip:

This salad may also be prepared substituting equal volumes of fresh diced apples or fresh grated carrots for fresh grapes, and substituting equal volumes of canned Mandarin oranges, canned diced peaches, and juice for canned pineapple and juice.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Grapes	1 lb 1 oz	2 lb 2 oz

Serving	Yield	Volume
? cup (No. 10 scoop) provides ¼ cup of fruit.	25 Servings: 5 lb 8 oz 50 Servings: 11 lb	25 Servings: 2 quarts 2 ½ cups 2 pans 50 Servings: 1 gallon 1 ¼ quarts 4 pans

Nutrients Per Serving					
Calories	99	Saturated Fat		Iron	
Protein	2 g	Cholesterol	1 mg	Calcium	46 mg
Carbohydrate	23 g	Vitamin A	51 IU	Sodium	50 mg
Total Fat		Vitamin C	8 mg	Dietary Fiber	